



National Women's Health Week EXPO – Educational Programming

The Wellness Community - Arizona

360 East Palm Lane, Phoenix
(North of McDowell, between 7th and 3rd Street)
Friday, May 15, 2009
10:00 a.m. – 3:00 p.m.

Time	Presentation Title	Featured Speaker
10:00 a.m.	Exercise and Overall Health	Renata Beaman, Physical Therapist Spooner Physical Therapy
11:00 a.m.	Healthy Cooking Demonstration	Jason Weireck, Chef, American Cancer Project
12 Noon	Behavioral Health	Marlene Shiple, Ph.D. Counselors Associated, Inc.
1:00 p.m.	The Coach Approach to Wellness	Holly Crump, Director Arizona Rural Women's Health Network
2:00 p.m.	Woman's Owner Manual	Deborah Baldemor, MD CIGNA
3:00 p.m.	Cancer Prevention and Women	Dan Rubin, ND Lise Alschuler, ND Naturopathic Specialists, Inc.

****All presentations include a 30 minute seminar, followed by 15 minutes of Q&A.**